



What is Move for Health Day?

Move for Health Day, on May 10, is an international event created in 2002 by the World Health Organization to promote physical activity.

The BC Recreation and Parks Association (BCRPA), with support from the Province of British Columbia, leads our province in promoting this global event and the benefits of healthy active living,

What is happening in Langley City?

As a member of the BCRPA, Langley City's Recreation, Culture and Community Services department offers a day full of free activities to help encourage our community to get moving.

See scheduled on the inside pages of this handout, to see all of the free activity options available on Friday, May 10, 2019 at all three Langley City recreation facilities.

For more information please contact us by phone (604.514.2940 / 604.514.2865 / 604.514.2860), by email (recreation@langleycity.ca), or visit our recreation guide on our website at langleycity.ca

Note: regular admission rules apply with regards to ages, number of participants and restrictions for entrance to the pool.



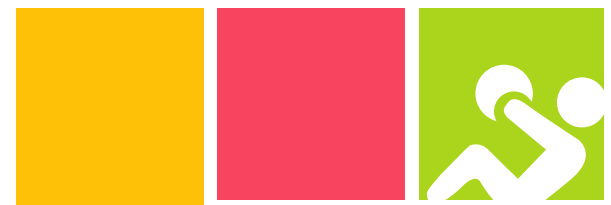
Contact Us
604.514.2940
recreation@langleycity.ca
www.langleycity.ca

Icons for Instagram, Facebook, Twitter, and YouTube.

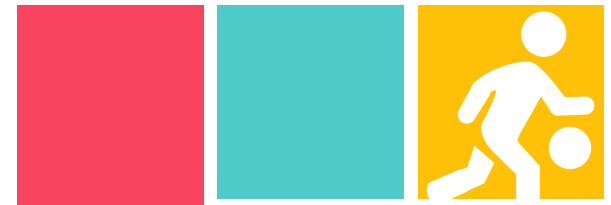
20399 Douglas Crescent
Langley, BC V3A 4B3

MOVE FOR HEALTH DAY

MAY 10, 2019



The Langley City logo, featuring a stylized 'C' with a swimmer icon inside, and the text "Langley City THE PLACE TO BE".



FREE ACTIVITES SCHEDULE

Join us for one, or more, of the free activities taking place on Move for Health Day.

Regular admission policies apply. Pre-registration is not required, but space is limited.

Al Anderson Memorial Pool

4949 207 Street | 604.514.2860

Length Swim 16+ yrs

Open to anyone interested in improving skills or endurance. Participants should be comfortable swimming a minimum 25 metre continuously.

7:00 am to 9:00 am

Shallow Aquafit 16+ yrs

An excellent fitness class in the water! Components include a warm-up, aerobics, muscle conditioning exercises and a cool down. Water exercise exerts less impact to the joints and is suitable for swimmers and non-swimmers.

7:30 am to 8:30 am

Public Swim All Ages

Public swims are open to all ages and swimmer types. Swimmers may use pool toys and life jackets.

5:30 pm to 8:45 pm

Douglas Recreation Centre

20550 Douglas Crescent | 604.514.2865

Roaming Rascals 0-5 yrs

Spend Quality time with your toddler in a safe and active environment while meeting other parents and caregivers. Maximum of four children per caregiver.

10:15 am to 11:45 am

Timms Community Centre

20399 Douglas Crescent | 604.514.2940

Spin & Sculpt 14+ yrs

30 minutes of intense cardio training on the bike followed by 30 minutes of total body conditioning.

6:15 am to 7:15 am

Pickleball 16+ yrs

Recreational Pickleball open to all skill levels

9:00 am to 12:00 pm

Bosu Bootcamp 16+ yrs

Bosu cardio drills with intervals of skipping, plyometrics, strength, ABS, and balance.

9:15 am to 10:15 am

Cardio Combo 14+ yrs

A variety of dance, step and drills, cardio exercises are combined with light weights and toning exercises for the entire body.

9:15 am to 10:15 am

Seniorcise 16+ yrs

A low-impact fitness class for all ages and abilities focusing on enhancing flexibility, strength, endurance and coordination. Using light weights and chairs, participants will be led through a variety of exercises to high energy music.

10:30 am to 11:30 am

Dance-Fit 14+ yrs

This cardio workout features dance moves from a variety of dance styles around the world.

11:00 am to 12:00 pm

Gentle Abs 14+ yrs

Using a variety of equipment and bodyweight exercises, participants will work to strengthen the core and improve posture, flexibility and balance. Must be comfortable getting to and from the floor.

11:40 am to 12:10 pm

Yoga Express 14+ yrs

This express Yoga class will get you through the day with renewed energy and an elevated mood through breath control, simple meditation, and basic Hatha Yoga poses.

1:10 pm to 1:50 pm

Sports & Play 6-12 yrs

Join in on this supervised drop-in program for children.

3:15 pm to 4:45 pm

Youth Open Gym Grades 6-12

Drop-in for some recreational fun. All skill levels welcome.

5:00 pm to 7:00 pm

TRX Circuit 14+ yrs

A dynamic, challenging class that incorporates a variety of strength and cardio stations including TRX suspension, battling ropes, bosu's, bands and dumbbells.

5:15 pm to 6:15 pm

Basketball Drop-In 16+ yrs

Recreational Basketball open to all skill levels.

7:30 pm to 9:45 pm